



Relaxation & Recovery

In-Room Wellness Treatments by Tod Miller's Wellness

Addy knows how important it is to recover during a trip to Scottsdale. She is now proud to offer in-room spa services, courtesy of renowned wellness expert, Tod Miller. Offering therapeutic massage treatments from the comfort of your guestroom, services are available to book during your stay at Hotel Adeline. Say spa-ahhh and book an exclusive treatment today!

Therapeutic Massage

Whether you're a road warrior or leisure lounge, free up your mind and body with detailed, relaxing bodywork.

60 min \$175 | 90 min \$225 | 120 min \$290

Four Hands Therapeutic Massage

Myopractic Care – Creating freedom within structure of musculature, skeletal aspects of body.

20 min \$60 | 60 min \$365

Bodywalking

As seen on Shark Tank, BodyWalking enhances and improves circulation.

90 min \$270

Signature Deep Cleansing Facial

60 min \$195

This deep-cleansing facial is customized for your skin type. This facial includes a gentle exfoliation to remove dull surface skin cells, deep pore cleansing, facial massage as well as serum and masque to rejuvenate and nourish.

Cowboy Facial

60 min \$195

HEY, GUYS! This one is for you. Facials help to promote deep cleansing, exfoliating, & moisturizing - with the relaxing benefits of a massage. Designed for your skin with bourbon enzyme

Mimosa Yoga Poolside

minimum 6 participants \$45

Friday Saturday & Sunday 8am

45 minute mindful practice of breath and body movement with a Vitamin C packed mimosa. Fun factor included

Minimum of 6 sign-ups required to hold class.

Private Yoga

up to 2 participants \$145

Private yoga sessions are a therapeutic experience customized to your exact needs. Learn how to properly stretch, bend, fold, and extend with a teacher 100% focused on you to ensure maximum success in each pose. A deep dive into the chakras is also available for those that are ready for that. This is especially good for people who are recovering from injuries or want to prevent them. All levels are welcome from beginner to advanced. There's a modification for everything and plenty of props to assist, so even if you think you could never get in a yoga pose, you can, and I'll show you how.

Therapeutic Enhancements

Basso Botanicals CBD
(smooth out muscles + nervous system) **\$20**

Arnica Turquoise Sage Massage Oil | \$15

Frankincense + Citrus Neck Scalp Work | \$15

Enhanced Reflexology (adds 15 min) | \$50

J&D Facial Oil Massage

Calming to the mind, body & spirit \$45

Proudly using only the highest quality certified organic, wild crafted and pesticide free essential oils. This unique custom blend is inspired with lavender, rose geranium, ho wood and fractionated coconut oil.



HOTEL ADELINE

—
TRIBUTE PORTFOLIO

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